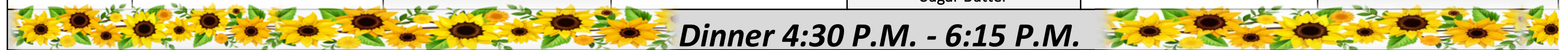


September 7th - 13th

**Lunch 11:30 A.M. - 1:15 P.M.**

Reception: 306-585-7100

Week 4	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12
Soup	Beef & Noodle	Potato Oregano	French Onion	Cream of Turkey Soup	* Cream of Tomato	Lemon Rice
Entrée 1	Pastrami Sandwich with Grainy Mustard, Lettuce & Sliced Pickles	Egg Salad on Rye	Greek Dry Ribs	Curried Chicken Salad Plate	Grilled Mortadella, Provelone and Pesto Aoli Sandwich	Toasted BLT Sandwich
Side	Pineapple Coleslaw	Homemade Pickles	Caesar Salad	Pita	Fresh Seasonal Fruit	French Fries
Entrée 2	Cheese Tortellini with Alfredo & Italian Sausage	Tempura Shrimp on Warm Quinoa Salad	Sloppy Joe with Ricotta	Potato Pancakes with Sour Cream, Apple Sauce & Bacon	* Spinach & Feta Quiche	Deviled Egg Salad Plate with Cheese
Side	Garlic Bread	5 Spiced Wonton Crisps	Curly Fries	—	Garden Salad	Dinner Roll
Dessert	Macaroon Madness Bar	Black Cherry Ice Cream	Nanaimo Bar	Banana Bread with Cinnamon Sugar Butter	Chocolate Hazelnut Croissant	Bismark Donut

**Dinner 4:30 P.M. - 6:15 P.M.**

Appetizer	Egg Roll with Plum Sauce	Spring Greens Strawberry Goat Cheese Salad	Veggie Sticks & Dip	* Spinach Mandarin Orange & Almond Salad	* Guacamole with Taco Chips	Carrot Pineapple Raisin Salad
Entrée 1	Braised Chicken Thighs with Pears & Cider	Beef & Root Vegetable Stew	Turkey Schnitzel with Cranberry Gravy	Vegetarian Lasagna	Crispy Fried Chicken with Gravy	Swedish Meatballs
Side	Steamed Rice	Buttermilk Biscuits	Loaded Baked Potato with Bacon, Onion & Sour Cream	Garlic Knot	Roasted Potatoes	Rice Pilaf
Entrée 2	Potato Crusted Cod with Tartar & Lemon Wedges	Smoked Roast Pork with Gravy	Fish n' Chips with Tartar Sauce & Lemon	Roast Beef with Gravy & Yorkshire Pudding	Steelhead Trout with Walnut Pesto and Pear Salad	Pork Schnitzle with Roasted Apples & Gravy
Side	Steamed Rice	Whipped Potatoes	Creamy Coleslaw	Mashed Potatoes	Roasted Potatoes	Rice Pilaf
Vegetable	—	Buttered Corn	—	Carrots with Tarragon Butter	* Broccoli	Mashed Turnips
Vegetable	Peas & Carrots	* Roasted Beets	Vegetable Medley	Asparagus	Maple Roasted Butternut Squash	Braised Red Cabbage
Dessert	* Pecan Pie	Carrot Cake	Rice Pudding	Cheese Cake with Rhubarb Sauce	Strawberry Crepe	Assorted Pies

* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



Living Loving

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea

Sunday 13
Sweet Potato and Ginger
Fresh Fruit Plate with Cottage Cheese with a Cinnamon Roll
—
Pancakes with Peaches & Cream & Bacon
Espresso Ice Cream with a Wafer Cookie

Garden Salad
Sole Fillet with Shrimp & Crab Hollandaise Sauce
Roast Garlic Mashed Potatoes
Roasted Chicken Pieces with Stuffing & Gravy
Roast Garlic Mashed Potatoes
Corn on the Cob with Butter
Green Beans
Saskatoon Pie